

# weekly menu

## Monday, November 6

**MOM'S SOUP BOWL:**

- Turkey & Rice 3.10/3.95
- Texas Chili 3.50/4.30

**CHEF'S MARKET:**

- Red Beans and Spicy Sausage over Rice 5.49
- w/ 1 side 6.49

**GRILL:**

- Sloppy Joe Sandwich 4.29

**SIDES:**

- Green Beans 1.40
- Corn Bread 1.30
- Roasted Veggies 1.40

**DAILY SPECIAL:**

- Sloppy Joe, French Fries, & 20 oz. Fountain Drink 6.29

## Tuesday, November 7

**MOM'S SOUP BOWL:**

- Crab Chowder 3.10/3.95
- Texas Chili 3.50/4.30

**HEALTHY HABITS:**

- Chicken Marsala 4.79
- w/ 2 sides 6.79

**CHEF'S MARKET:**

- Salisbury Steak 4.79
- w/ 2 sides 6.79

**GRILL:**

- Crispy Chicken Parmesan Sandwich 4.59

**SIDES:**

- Buttered Boiled Potatoes 1.50
- Roasted Brussel Sprouts 1.40
- Peas 1.40

**DAILY SPECIAL:**

- Crispy Chicken Parmesan Sandwich, Homemade Chips, & 20oz Fountain Drink 6.49

## Wednesday, November 8

**MOM'S SOUP BOWL:**

- Chicken & Dumpling 3.10/3.95
- Texas Chili 3.50/4.30

**HEALTHY HABITS:**

- Salsa Chicken Breast 4.59
- w/ 2 sides 6.79

**CHEF'S MARKET:**

- Beef & Bean Chimichanga 5.99
- w/ 1 side 6.99

**GRILL:**

- Buffalo Grilled Chicken Wrap 4.99

**SIDES:**

- Refried Beans 1.40
- Mixed Veggies 1.40
- Mexican Rice 1.50

**DAILY SPECIAL:**

- Buffalo Grilled Chicken Wrap, Fries, & 20oz. Fountain Drink 6.79

## Thursday, November 9

**MOM'S SOUP BOWL:**

- Vegetable Soup 3.10/3.95
- Texas Chili 3.50/4.30

**HEALTHY HABITS:**

- Crab & Vegetable Pasta in a Light Olive Oil Sauce 5.99
- w/ 1 side 6.99

**CHEF'S MARKET:**

- Fried Chicken 4.79
- w/ 2 sides 6.99

**GRILL:**

- Italian Beef Sandwich 5.29

**SIDES:**

- Corn 1.40
- Steamed Veggies 1.40
- Mashed Potatoes 1.50

**DAILY SPECIAL:**

- Italian Beef Sandwich, Homemade Chips, 20oz. Fountain Drink 6.99

## Friday, November 10

**MOM'S SOUP BOWL:**

- Tomato 3.10/3.95
- Texas Chili 3.50/4.30

**HEALTHY HABITS:**

- Baked Marinated Chicken 4.79
- w/ 2 Sides 6.99

**CHEF'S MARKET:**

- Catfish Nuggets 4.79
- w/ 2 Sides 6.99

**SIDES:**

- Mac & Cheese 1.50
- Mixed Veggies 1.40
- Coleslaw 1.40

**DAILY SPECIAL:**

- Grilled Cheese, Small Cup of Tomato Soup, and 20oz. Fountain Drink 5.49



**SERVED DAILY:**

- Grilled Chicken Breast
- Turkey Burger
- Veggie Burger
- Vegetable Plate (3 choices)

**GREEN** Choose MORE often

**YELLOW** Choose in MODERATION

**RED** Choose LESS often